

**Class 6: 3/11/2008****Root Chakra****Position:**

Root Chakra is located at the base of the trunk. Find the spot in between the genitals and the anus first; the Root Chakra is located about 3-finger width above that spot. Root Chakra is located around the genital for female and around the prostate for male. If you were not sure where it is, you may experience it by contracting your anus. Or when you stand on tall building and look down, your Root Chakra sometimes may trembles.

**How to do:**

Since Navel Chakra is the main switch to turn on the energy (Qi, pronounced “chi”) in our body, we focus and turn on our Navel Chakra in the beginning of every Sitting Zen session. After your Navel Chakra responds to you, channel your Qi from Navel Chakra downward to your Root Chakra and focus on it.

**Meaning:**

Root Chakra is a very important energy point in our body. The Qi in Root Chakra corresponds to and resonates with the energy of earth or the Yin energy (while in contrast, Zen Chakra to the energy of sky or the Yang energy). It is also very sensitive; but most of the time we neglect it. If we consistently keep up its sensibility, it would alert us of danger and disaster. If we meditate on the Root Chakra frequently, we can prevent female illness and prostate cancer. Spiritually, from the Buddhist point of view, by focusing on the Root Chakra we can purify all the bad karma of ourselves accumulated in the past, including in previous lives. We may have forgotten what we have done in an earlier time; however, there may be moments where we verbally or physically harmed someone without being aware of it. Therefore, it is easier for Root Chakra to respond when we guard it with a repentant heart. This may be conflicting with your believes, but please keep an open mind, and try it with a humble attitude. This attitude also helps to trim arrogance, one of the five poisons.

